



Monthly Strides

Taking strides to better your health

March Issue Includes

- **National Nutrition Month®**
- **American Diabetes Alert Day (March 23)**
- **Save Your Vision Month**

National Nutrition Month®

Making informed food choices and getting regular physical activity will help you stay healthy throughout your life. Inactivity and an unhealthy diet can lead to many health problems including: high blood pressure, high cholesterol, cancer and diabetes. Try making healthy food choices a part of your daily life by choosing fruits, vegetables, lean meats and whole grains. Limit your intake of salt, sugar, alcohol, saturated and trans fat. It's recommended that you drink at least eight, 8 ounce glasses of water daily.

Regular physical activity is another key component to a healthy life style. It will help you feel stronger, relieve stress and can improve your mood. Adults should aim for 30 minutes of moderate intensity activity at least five days a week.

Visit StayWell Online at

<https://delaware.online.staywell.com> and click on "Eating" or "Physical Activity" in the "Health Centers" section to learn more.



American Diabetes Alert Day

According to NDIC, in the United States 23.6 million people have diabetes. That's 7.8% of the population. There are three types of diabetes: type 1 (insulin dependent), type 2 (non-insulin dependent) and gestational diabetes (occurs only when pregnant). Type 1 diabetes occurs in 5-10% of all diagnosed cases and currently there is no known way to prevent it. Type 2 diabetes is most common, accounting for 90-95% of all diagnosed cases. It's commonly linked to obesity, physical inactivity, old age and ethnicity. Gestational diabetes is most common among African Americans, Hispanic/Latino Americans and American Indians. Reduce your risk of diabetes by maintaining a healthy lifestyle.

Visit StayWell Online at <https://delaware.online.staywell.com> and click on "Diabetes" in the "Health Centers" section to learn more.

Save Your Vision Month

If you sit in front of a computer all day you may experience eye strain. Tired, irritated or watery eyes are common complaints among frequent computer users. If you are experiencing these symptoms, try adjusting your workstation. Adjust your monitor so the top of your screen is just below eye level and is 18-30 inches away from you. Make sure you sit straight and have proper back support. Keep your feet flat on the floor and keep your wrists straight when typing. If the problem persists make an appointment with an optometrist.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "ergonomics" in the search box to learn more.

